



Corporate Wellness & Events

At Atletica, we embrace a modern approach to wellness, helping individuals and organizations **move better, feel better, and work better.**

3x

better employee retention with wellness programs

WHAT WE OFFER

Events & workshops built around your team

Wellness Workshops

- On-site or virtual team sessions on how to sustainably manage stress, improve posture, increase energy and productivity, and eat nutritiously.

Corporate Events

- Wellness days, team events, team retreats, and conferences, Wellness Socials, Wellness Experiences

Consulting Programs

- Assessment, strategy, and ongoing support for lasting well-being culture.

Employee Services

- Individual coaching available as a company benefit in our custom Holistic Fitness App (ATLETICA).

The Business Case for Wellness at a Glance

- Employees with unhealthy diets are 66% more likely to experience productivity loss at work — Brigham Young University / Journal of Occupational and Environmental Medicine, study of 20,000 workers

- Burnout costs organizations an estimated 1.5–2x an employee’s annual salary in turnover and lost productivity — Gallup

- A scoping review of 47 peer-reviewed studies found companies saved \$1.38 for every \$1 invested in workplace wellness programs — American Journal of Public Health, Unsal et al., 2021

- Companies with high employee well-being scores outperform the market by 2–3x over a 10-year period — Gallup Wellbeing Index

- A systematic review of 39 randomized controlled trials confirmed that workplace nutrition and physical activity interventions positively impact absenteeism, presenteeism, and overall work performance — BMC Public Health, 2019

- Presenteeism costs represent up to 61% of total costs associated with the most common employee health conditions — exceeding medical costs in most cases — Journal of Occupational and Environmental Medicine, 2004

FROM OUR EVENTS

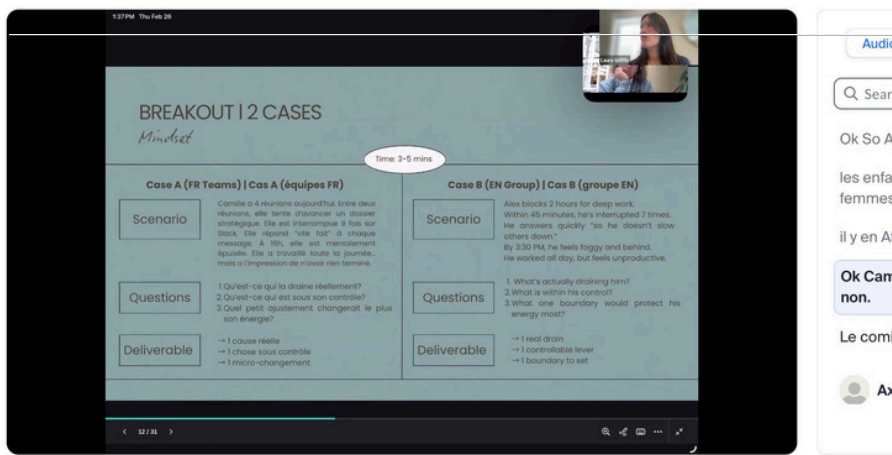
See it in action

WORKSHOPS

15+ Successful Workshops Delivered

Each session is led by certified specialists and tailored to your workforce. Below are four examples from our live workshop library — all available as recordings for your team.

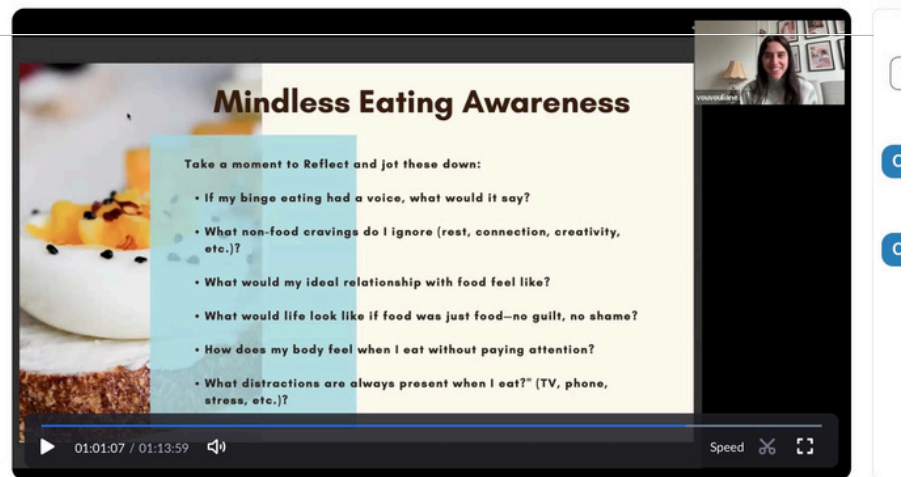
ATLETICA X CDWARE WORKPLACE WELLNESS - Shared screen with speaker view
 Recordings Feb 26, 2026 12:39 PM



Stress, Resilience & High-Performance at Work

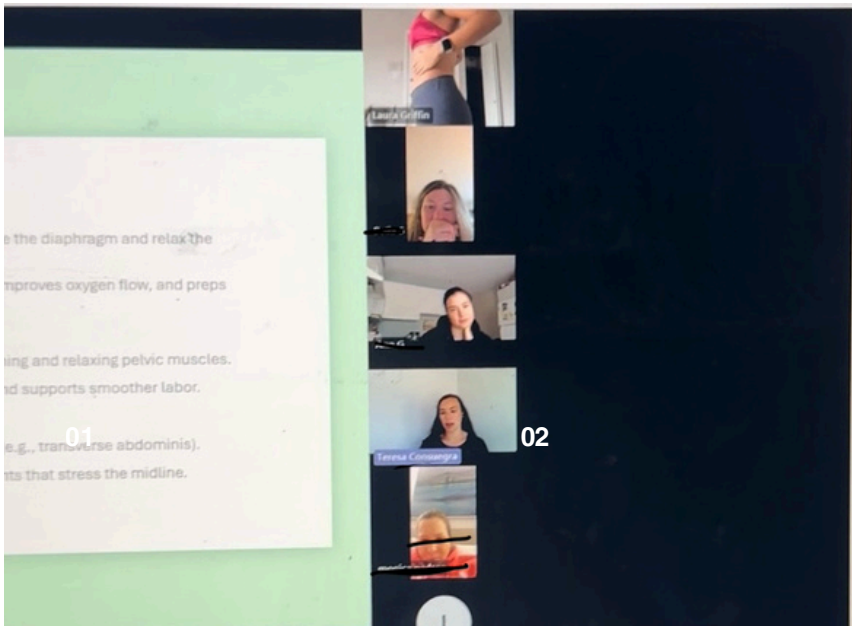
Delivered to the CDWARE team as part of Atletica’s inaugural corporate wellness pilot, this session explored the link between stress management, mental resilience, and workplace performance. Employees learned evidence-based tools to regulate stress responses, build sustainable energy habits, and show up at their best — from desk to deliverable.

Nourish and Flourish: Breaking The Binge Cycle - Shared screen with speaker
 Recordings Apr 12, 2025 01:22 PM



Nourish & Flourish: Breaking the Binge Cycle

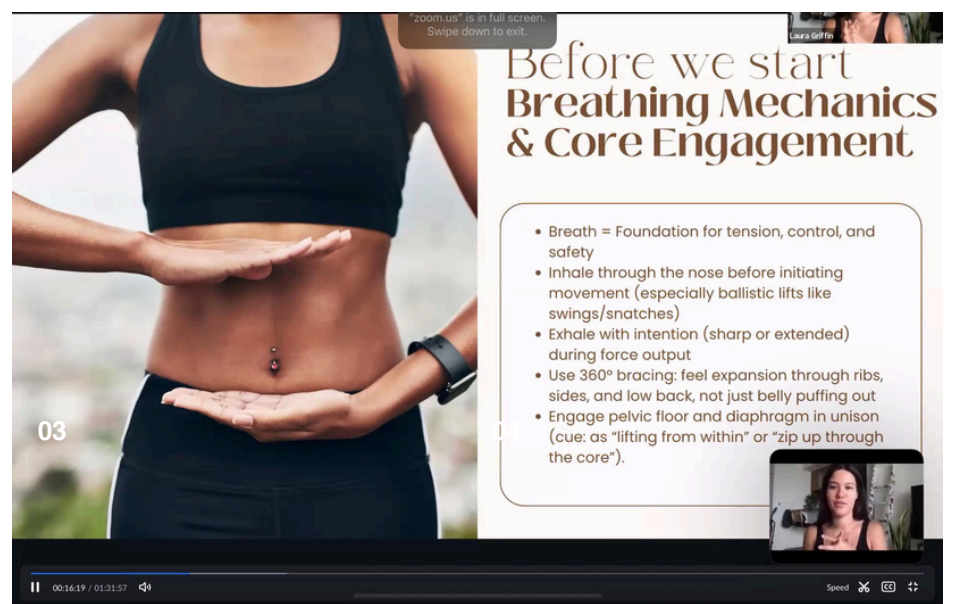
Co-led by a holistic fitness coach and a nutritionist, this workshop demystifies the binge eating cycle and its emotional roots. Employees gain practical tools to distinguish physical from emotional hunger, identify personal triggers, and build a healthier relationship with food. Ideal for teams managing high stress, irregular schedules, or burnout-related eating habits.



Empowering Mothers through Movement

Designed for expecting and new mothers in the workplace, this session covers prenatal breathing and core activation, pelvic floor health, Diastasis Recti recovery, and the mindset shift from “bouncing back” to building lasting strength. Led by a specialist guest coach, it supports employees navigating the physical and emotional demands of new parenthood.

▶ [Watch the Recording on YouTube](#)



Kettlebell Strong: Unlock Your Power

A fundamentals-based movement workshop led by a certified kettlebell coach. Participants learn proper hinging mechanics, breathing and core engagement, and foundational lifts — the swing, clean, snatch, and windmill. Designed for all fitness levels, it builds functional strength, improves posture, and reduces the risk of movement-related injury on and off the job.

▶ [Watch the Recording on YouTube](#)

OUR TEAM

Multidisciplinary professionals

- Movement specialists
- Holistic nutritionists
- Performance psychologists
- Physical therapists
- Pre-natal Experts
- Massage therapists
- Fitness coaches
- Mindset coaches
- Doulas

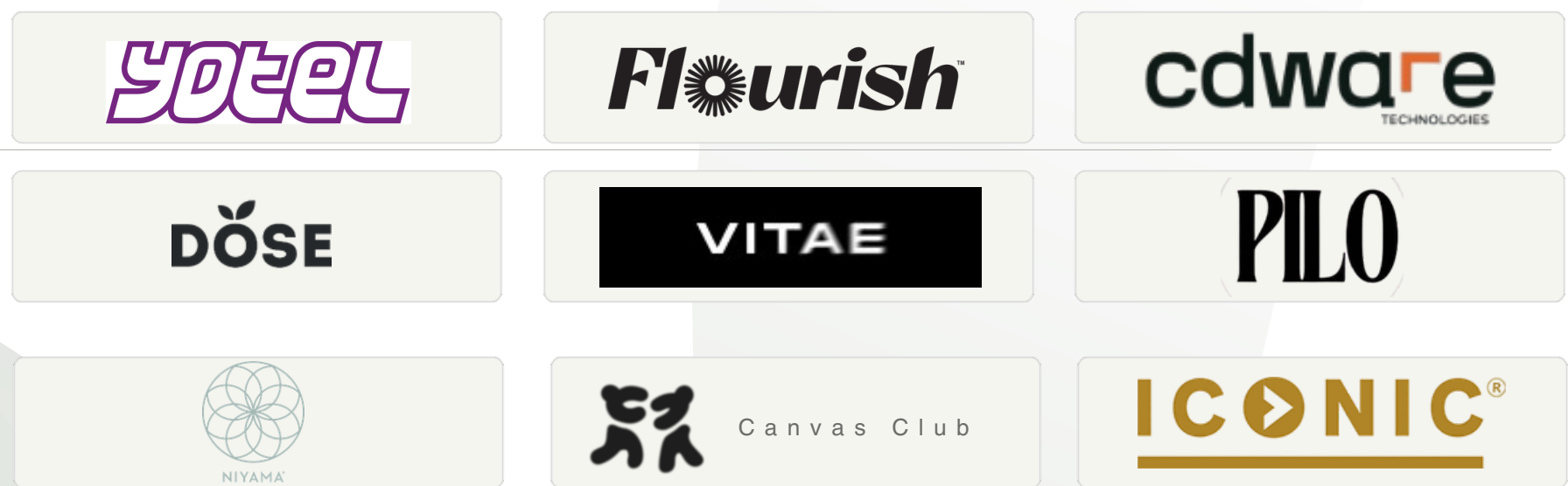
HOW IT WORKS

Simple to get started

- 01 Tell us about your team**
 Share your size, goals, and challenges.
- 02 Initial assessment**
 We analyze what is affecting your performance.
- 03 Customized proposal**
 A plan built around your specific needs.
- 04 Implementation**
 We run the program — you watch your team evolve.

BRANDS WE HAVE WORKED WITH

Trusted by teams across industries



ATLETICA partners with select venues and wellness brands to bring curated events to your space.

Ask us about our collaborative event model.

See what our wellness socials actually look like — real events, real teams, real energy.

Keep Scrolling to view our gallery

Or, go to last page for more on how you can make this happen for your team/venue.



MOVE & MUSE
ATLETICA X CANVAS CLUB



X



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WYNWOOD AFTER HOURS
WELLNESS SOCIAL
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Wellness Socials

Not your typical Wellness Experience

Wellness Socials are curated, multi-sensory experiences built around a specific goal, theme, or community. We bring together movement professionals, artists, wellness brands, and carefully selected venues to create something no one has seen before — and that no one forgets by Monday. Each event is fully holistic, designed to engage all the senses. We curate the concept, the talent, the flow, and the energy. You show up. We handle the rest.

Event Experiences

- Breathwork, mobility, core work, meditation and visualization
- High-intensity movement paired with cold plunges, ginger shots, and team bonding
- Art and movement experiences that engage creativity and the body simultaneously
- Resilience-focused sessions combining physical challenge with mindset work
- Community and entrepreneurship events connecting your network with founders and professionals
- Social networking in carefully selected venues with creative, out-of-the-box concepts

No two events are the same. Every experience is built from scratch.

For CORPORATE TEAMS

Built for your people

Whether your team is high-pressure and desk-bound or physically demanding and field-based — there is a Wellness Workshop or Social built for them. These events go beyond a team outing. They decompress, reconnect, and rebuild the kind of energy that shows up in performance, retention, and culture.

Available as a standalone event or part of an ongoing workplace consulting program.

For VENUES & HOSPITALITY

Your space is the stage

We partner with select restaurants, cafes, co-working spaces, Pilates studios, gyms, and boutique venues across Miami and Montreal to co-host events that bring new energy and new audiences to your space.

- Event concept designed around your venue's identity and aesthetic
- We source all talent, artists, collaborators, and sponsors
- Co-promotion across our community and partner brand networks
- Flexible revenue and ticketing structures

Past partners include Canvas Club, Vitae Apparel, Yotel, Congo Clothing Co. and others across Miami & Montreal.

What's Included in our Workshops

Every session is tailored before it begins and leaves something behind.

- Pre-session survey to understand your team's needs, stress points, and goals
- 60 or 90-minute facilitated session — available in person or virtually
- Post-session summary and resource guide sent to all participants
- Session recording available for teams who want to rewatch or share internally
- Optional follow-up Q&A or integration session available upon request

**Full service deck and program breakdowns available after completing the initial assessment form.*

Ready to build something together?

Whether you are a corporate team or a venue partner — we would love to hear from you.

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LEARN MORE

